

Have made a healthy choice	1. Taking responsibility for my health and well-being - Responsibility - Choice - Immunisation - Prevention	I can take responsibility for my health and make choices that benefit my health and well-being	I am motivated to care for my physical and emotional health	Taking responsibility role play cards Combined Jigsaw Journeys
Have eaten a healthy, balanced diet	2. Drugs - Drugs - Effects - Motivation - Prescribed - Unrestricted - Over-the-counter - Restricted - Illegal - Volatile substances - Synthetic highs - New psychoactive substances	I know about different types of drugs and their uses and their effects on the body particularly the liver and heart	I am motivated to find ways to be happy and cope with life's situations without using drugs	Drug groups sorting resource Teacher resource sheet (Information only)
Have been physically active	3. Exploitation - Exploited - Vulnerable - Drugs - Criminal - Illegal - Gangs	I understand that some people can be exploited and made to do things that are against the law	I can suggest ways that someone who is being exploited can help themselves	Pens of two different colours (ideally red and green) enough for each group Ava and Kiran's story
Have tried to keep themselves and others safe	4. Gangs - Gang - Pressure - Strategies - Reputation - Anti-social behaviour - Crime - Illegal	I know why some people join gangs and the risks this involves	I can suggest strategies someone could use to avoid being pressurised	'Gangs are...' game cards

Know how to be a good friend and enjoy healthy friendships	5. Emotional and Mental Health <i>Mental health</i> <i>Emotional health</i> <i>Mental illness</i> <i>Symptoms</i>	I understand what it means to be emotionally well and can explore people's attitudes towards mental health/illness	I know how to help myself feel emotionally healthy and can recognise when I need help with this	<u>My emotional well template</u>
Know how to keep calm and deal with difficult situations	6. Managing Stress and Pressure <i>Stress</i> <i>Triggers</i> <i>Strategies</i> <i>Managing Stress</i> <i>Pressure</i> Puzzle Outcome: Healthy Body, Healthy Mind Assessment Opportunity	I can recognise stress and the triggers that cause this and I understand how stress can cause drug and alcohol misuse	I can use different strategies to manage stress and pressure	Glue <u>Cube template (copied on to card)</u> <u>Certificates</u>